



**OPTIONAL**  
**CODE: LMXLAT**  
**LAT ATTACHMENT**



**OPTIONAL**  
**CODE: LMXLEG**  
**LEG EXTENSION / CURL ATTACHMENT**



Complete with Lat Attachment and Leg Extension / Curl Attachment.

### MINI XPRESS

**CODE: LMXP**

The BODYCRAFT Mini Xpress utilises Pulleys and Cables for unrestricted, completely natural, and biomechanical correct movements. You define the path, providing for a greater, more natural range of motion, which incorporates the use of a stabiliser and core muscle groups - an advantage not found on typical home gyms.

The Mini Xpress is an effective way to build strength and balance for every day activities, or for recreational sports!

It is a Dumbbell Style Modular Home Gym providing correct form for every Dumbbell exercise. Great alternative to a set of Dumbbells and Bench!

Seat is adjustable. Seat Back can adjust front-to-back and tilts up-and-down providing support at every angle!

Its base unit consists of the adjustable Cable Arms, and AB Crunch.

### SPECIFICATIONS

- Lat Pull-Down attachment.
- Leg Extension / Curl Attachment, (cabled to the Weight Slide by attaching the cables to the adjustable Cable Arms).
- 150lbs (68kg) Weight Stack (Plate-Loaded Weight Slide Doubles as the Top Plate, so the user can always add Plates to the Stack).

**Height:** Base unit: 163cm (64")

**Dimensions:** 211cm (83") x 211cm (83")

**Optional Lat Attachment:** 211cm (83")